SOUTH COAST AIR QUALITY MANAGEMENT DISTRICT
AIR QUALITY FORECAST

Forecast Valid Thursday, August 04, 2022

Issue Date: Wednesday, August 03, 2022

**AIR QUALITY FORECAST**

1. **Central Los Angeles County**
   - AQI: 46
   - Pollutant: PM2.5
   - Cleanest Time of Day: Similar all day

2. **Northwest Coastal Los Angeles Co.**
   - AQI: 38
   - Pollutant: PM2.5
   - Cleanest Time of Day: Similar all day

3. **Southwest Los Angeles County Co.**
   - AQI: 38
   - Pollutant: PM2.5
   - Cleanest Time of Day: Similar all day

4. **South Coastal Los Angeles Co.**
   - AQI: 42
   - Pollutant: PM2.5
   - Cleanest Time of Day: Similar all day

5. **Southeast Los Angeles Co.**
   - AQI: 42
   - Pollutant: PM2.5
   - Cleanest Time of Day: Similar all day

6. **West San Fernando Valley**
   - AQI: 56
   - Pollutant: Ozone
   - Cleanest Time of Day: Similar all day

7. **East San Fernando Valley**
   - AQI: 53
   - Pollutant: PM2.5
   - Cleanest Time of Day: Similar all day

8. **West San Gabriel Valley**
   - AQI: 58
   - Pollutant: Ozone
   - Cleanest Time of Day: Similar all day

9. **East San Gabriel Valley**
   - AQI: 84
   - Pollutant: Ozone
   - Cleanest Time of Day: Similar all day

10. **Pomona/Walnut Valley**
    - AQI: 77
    - Pollutant: Ozone
    - Cleanest Time of Day: Similar all day

11. **South San Gabriel Valley**
    - AQI: 46
    - Pollutant: PM2.5
    - Cleanest Time of Day: Similar all day

12. **South Central Los Angeles Co.**
    - AQI: 42
    - Pollutant: PM2.5
    - Cleanest Time of Day: Similar all day

13. **Santa Clarita Valley**
    - AQI: 100
    - Pollutant: Ozone
    - Cleanest Time of Day: Similar all day

14. **Antelope Valley**
    - AQI: 74
    - Pollutant: Ozone
    - Cleanest Time of Day: Similar all day

15. **San Gabriel Mountains**
    - AQI: 84
    - Pollutant: Ozone
    - Cleanest Time of Day: Similar all day

16. **North Orange County**
    - AQI: 40
    - Pollutant: Ozone
    - Cleanest Time of Day: Similar all day

17. **Central Orange County**
    - AQI: 33
    - Pollutant: Ozone
    - Cleanest Time of Day: Similar all day

18. **North Coastal Orange County**
    - AQI: 33
    - Pollutant: Ozone
    - Cleanest Time of Day: Similar all day

19. **Saddleback Valley**
    - AQI: 46
    - Pollutant: PM2.5
    - Cleanest Time of Day: Similar all day

20. **Central Coastal Orange County**
    - AQI: 42
    - Pollutant: PM2.5
    - Cleanest Time of Day: Similar all day

21. **Capistrano Valley**
    - AQI: 38
    - Pollutant: PM2.5
    - Cleanest Time of Day: Similar all day

22. **Corona/Norco Area**
    - AQI: 74
    - Pollutant: Ozone
    - Cleanest Time of Day: Similar all day

23. **Metropolitan Riverside County**
    - AQI: 93
    - Pollutant: Ozone
    - Cleanest Time of Day: Similar all day

24. ** Perris Valley**
    - AQI: 101
    - Pollutant: Ozone
    - Cleanest Time of Day: Similar all day

25. **Lake Elsinore Area**
    - AQI: 64
    - Pollutant: Ozone
    - Cleanest Time of Day: Similar all day

26. **Temecula Valley**
    - AQI: 47
    - Pollutant: Ozone
    - Cleanest Time of Day: Similar all day

27. **Anza Area**
    - AQI: 50
    - Pollutant: Ozone
    - Cleanest Time of Day: Similar all day

28. **Hemet/San Jacinto Valley**
    - AQI: 67
    - Pollutant: Ozone
    - Cleanest Time of Day: Similar all day

29. **Banning/San Gorgonio Pass**
    - AQI: 105
    - Pollutant: Ozone
    - Cleanest Time of Day: Similar all day

30. **Coachella Valley**
    - AQI: 74
    - Pollutant: Ozone
    - Cleanest Time of Day: Similar all day

31. **East Riverside County**
    - AQI: 41
    - Pollutant: Ozone
    - Cleanest Time of Day: Similar all day

32. **Northwest San Bernardino Valley**
    - AQI: 90
    - Pollutant: Ozone
    - Cleanest Time of Day: Similar all day

33. **Southwest San Bernardino Valley**
    - AQI: 71
    - Pollutant: Ozone
    - Cleanest Time of Day: Similar all day

34. **Central San Bernardino Valley**
    - AQI: 105
    - Pollutant: Ozone
    - Cleanest Time of Day: Similar all day

35. **East San Bernardino Valley**
    - AQI: 126
    - Pollutant: Ozone
    - Cleanest Time of Day: Similar all day

36. **West San Bernardino Mountains**
    - AQI: 115
    - Pollutant: Ozone
    - Cleanest Time of Day: Similar all day

37. **Central San Bernardino Mountains**
    - AQI: 136
    - Pollutant: Ozone
    - Cleanest Time of Day: Similar all day

38. **East San Bernardino Mountains**
    - AQI: 93
    - Pollutant: Ozone
    - Cleanest Time of Day: Similar all day

39. **Phelan**
    - AQI: 97
    - Pollutant: Ozone
    - Cleanest Time of Day: Similar all day

40. **Hesperia**
    - AQI: 100
    - Pollutant: Ozone
    - Cleanest Time of Day: Similar all day

41. **Trona**
    - AQI: 74
    - Pollutant: Ozone
    - Cleanest Time of Day: Similar all day

42. **Victorville**
    - AQI: 93
    - Pollutant: Ozone
    - Cleanest Time of Day: Similar all day

43. **Yucca Valley**
    - AQI: 100
    - Pollutant: Ozone
    - Cleanest Time of Day: Similar all day

44. **Barstow**
    - AQI: 90
    - Pollutant: Ozone
    - Cleanest Time of Day: Similar all day

45. **Twenty Nine Palms**
    - AQI: 74
    - Pollutant: Ozone
    - Cleanest Time of Day: Similar all day

*The Cleanest Time of the Day* is based on forecasts of below-average AQI for PM2.5 and Ozone. These forecasts do not include PM10. They may differ from the actual AQI and users should also check the current AQI measurements at [http://www.aqmd.gov/aqmap](http://www.aqmd.gov/aqmap) to plan outdoor activities.

**What To Do When Air Pollution Reaches Unhealthy Levels**

In areas with **UNHEALTHY** air quality (AQI of 151 to 200) or an **Ozone HEALTH ADVISORY Alert** (AQI of 132 to 200 for 1-hour ozone), everyone should discontinue prolonged, vigorous outdoor exercise lasting longer than one hour. Examples of the kinds of outdoor activities that should be avoided are calisthenics, basketball, running, soccer, football, tennis, swimming laps, and water polo. Susceptible persons, such as those with heart or lung disease, should avoid outdoor activity entirely.

In areas with **VERY UNHEALTHY** air quality (AQI of 201 or above) or an **Ozone STAGE-1 Alert** (AQI of 201 or above for 1-hour ozone), everyone should discontinue all vigorous outdoor activities regardless of duration.

**Detailed Air Quality Forecasts Including Wildland & Agricultural Burn Forecasts:** [http://www.aqmd.gov/forecasts](http://www.aqmd.gov/forecasts)

**Daily Air Quality Forecasts and Advisories by Email** – Subscribe or Modify Settings at: [http://www.airalerts.org](http://www.airalerts.org)

**AQMD Web Site for Current AQMD Air Quality Measurements, Forecasts and Advisories:** [http://www.aqmd.gov/](http://www.aqmd.gov/)

**Contact AQMD:** 1-800-CUT-SMOG or (909) 396-2000

**Forecast Area Map:** [http://www.aqmd.gov/ForecastAreas](http://www.aqmd.gov/ForecastAreas)